

# USE OF THE LIPID OPTIMIZATION TOOL (LOT) TO ACHIEVE VARIOUS LDL TARGETS IN COMMUNITY PRACTICE

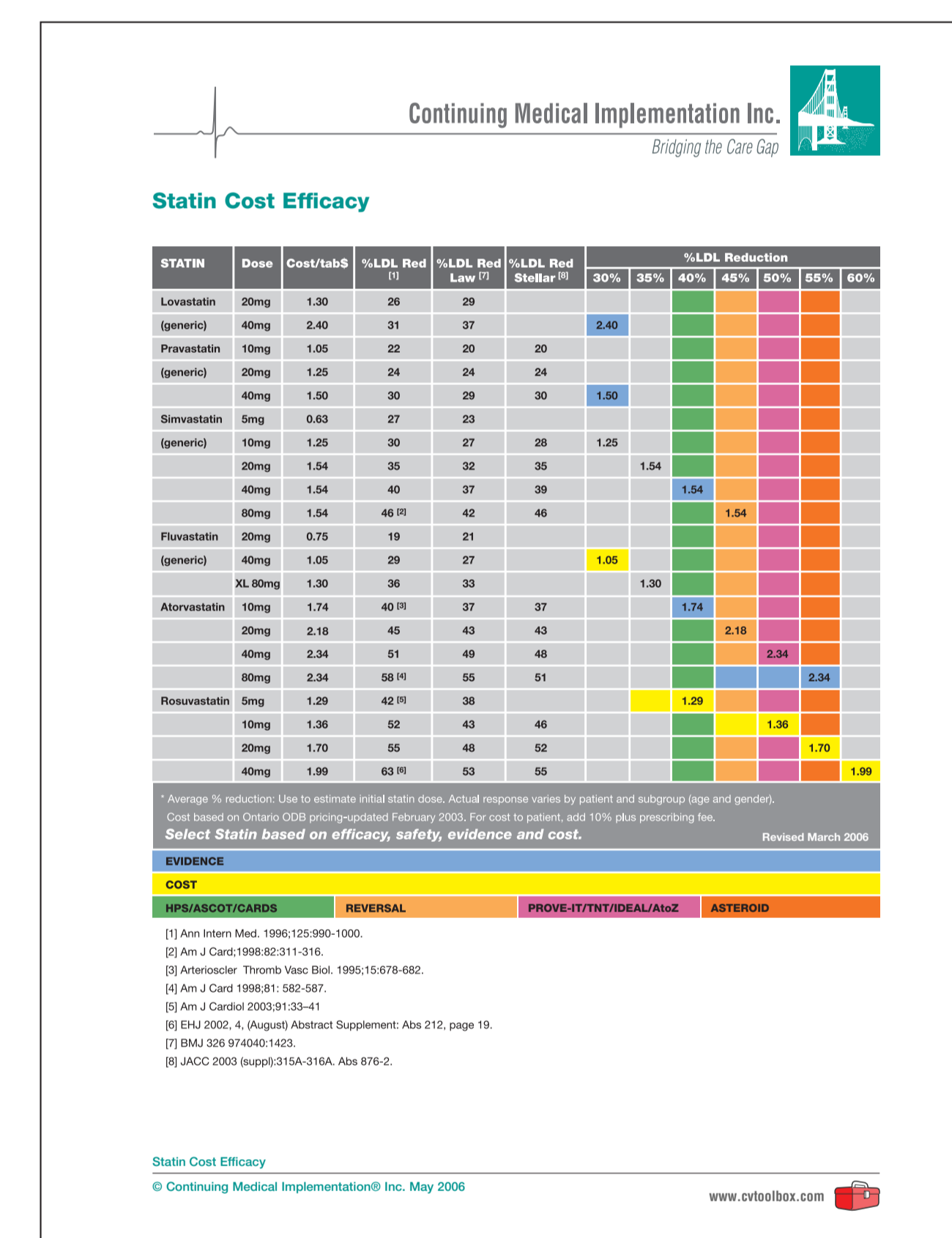
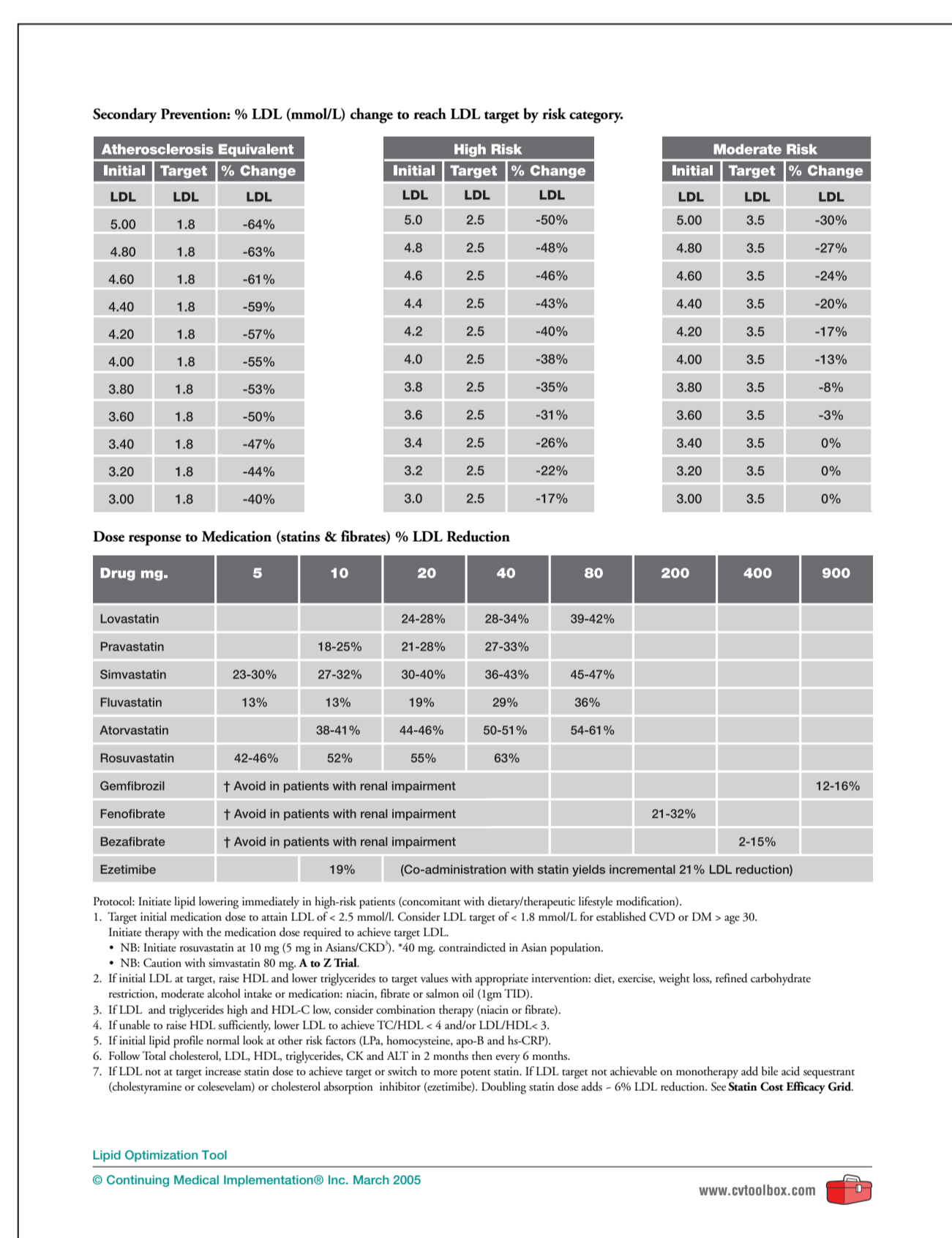
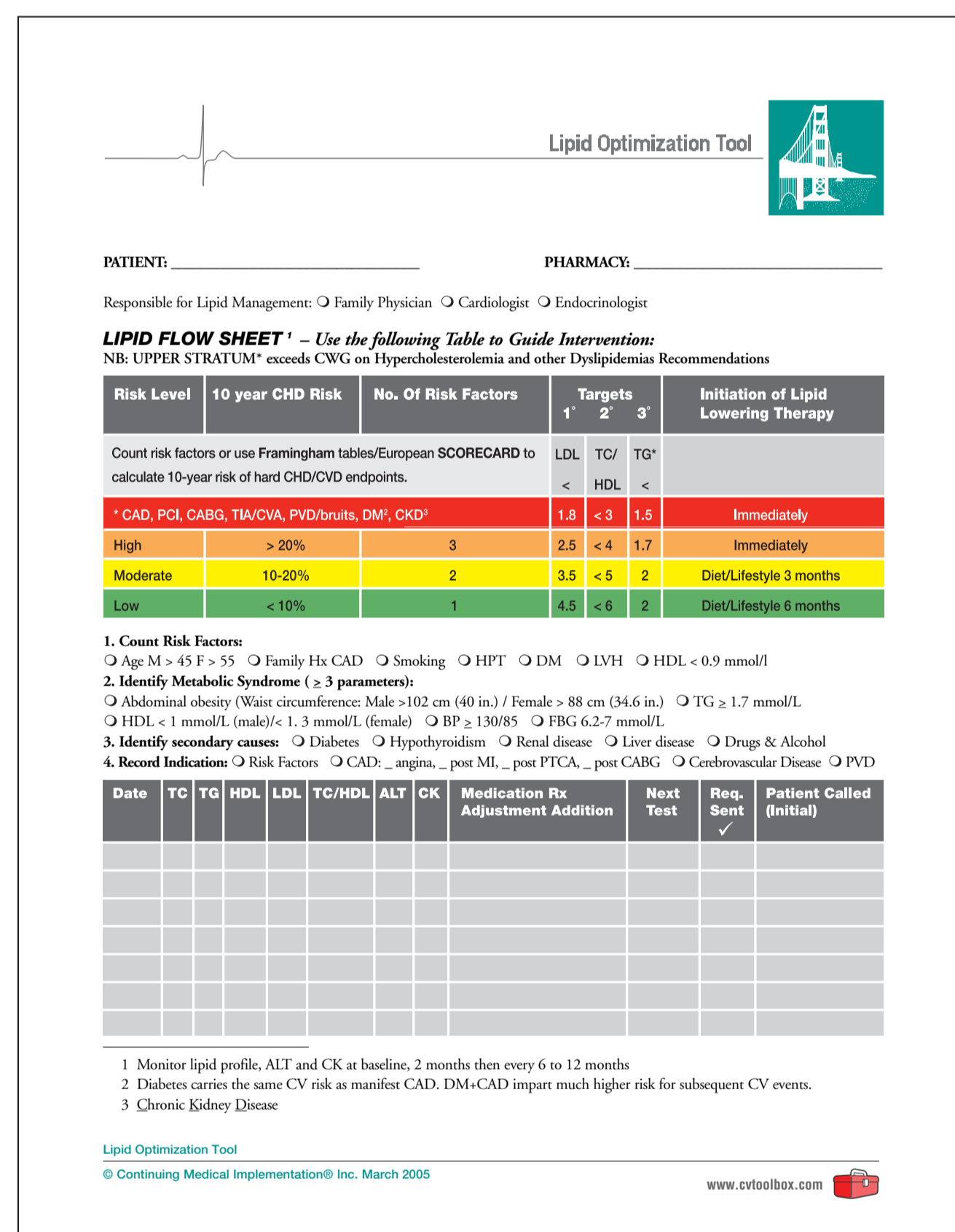
Authors: J. Niznick, C. Boutin, Suzanne Dugas  
Ottawa Cardiovascular Centre (OCC), Ottawa, Ontario, Canada

## Background (Objectives)

Lipid optimization has the potential to significantly reduce cardiovascular events and CHD death in various at risk populations. Failure to reach LDL target is commonplace and compromises cardiovascular outcomes. Our objective was to audit the effectiveness of the **Lipid Optimization Tool** as available on [www.cvtoolbox.com](http://www.cvtoolbox.com), in achieving dyslipidemia control measured as LDL target achievement, in the high volume community practice at OCC.

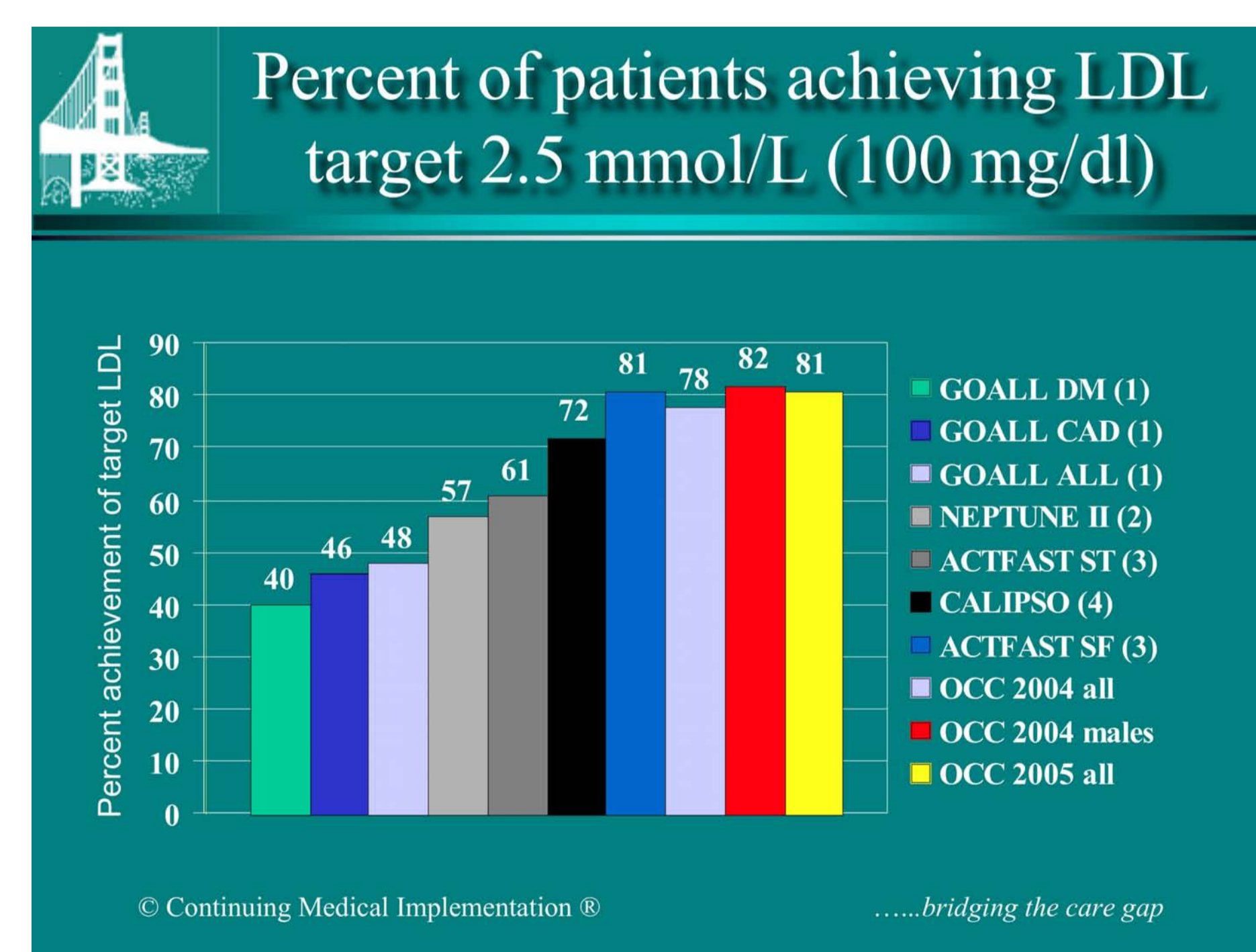
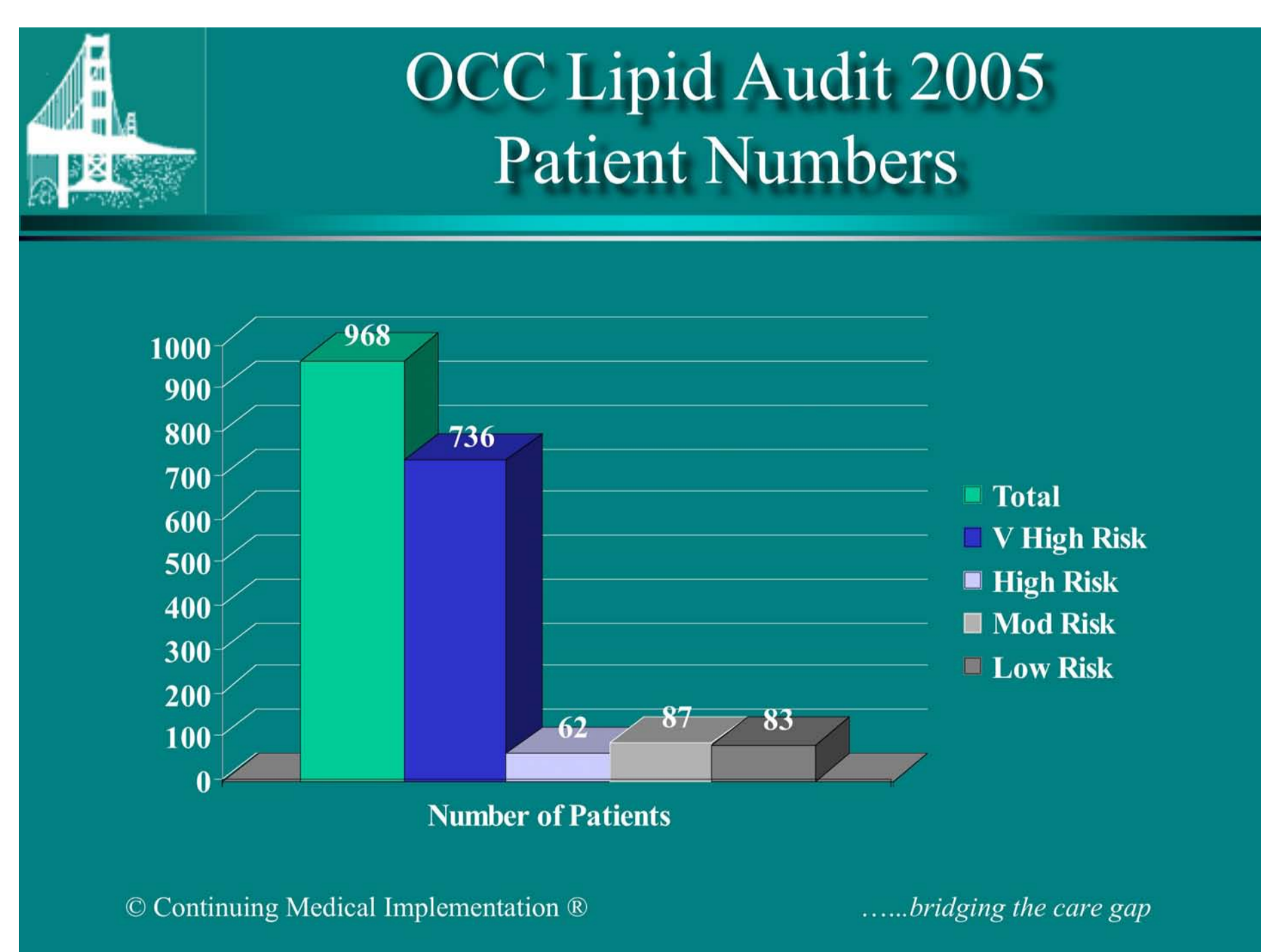
## Methods

OCC provides comprehensive follow-up to approximately 27,000 cardiovascular patients and structured lipid management and Telemonitoring for approximately 7000 dyslipidemia patients. The LOT has been used to guide lipid management at OCC since 1999. LOT flow sheets for patients of the 9 OCC specialists (6 cardiologists and 3 internists) were sequentially analyzed from July to December 2005. LDL control rates were calculated for the current Canadian Working Group (CWG) targets of 4.5 mmol/L for low risk (LR), 3.5 mmol/L for moderate risk (MR) and 2.5 mmol/L for high risk (HR) patients as well as the anticipated revised CWG LDL HR target of 2.0 mmol/L and the optional very high risk (VHR) NCEP ATP-III LDL target of 1.8 mmol/L.



## Results

Data was collected on 963 patients; 78 LR, 87 MR, 62 HR and 736 VHR. LDL control rates were LR 94% (target < 4.5 mmol/L), MR 77% (target < 3.5 mmol/L), HR 68% (target < 2.5 mmol/L) and VHR 81% (target < 2.5 mmol/L), 59% (target < 2.0 mmol/L) and 46% (target 1.8 mmol/L).



- 1) RT Yan et al. Guideline Oriented Approach in Lipid Lowering (GOALL) Registry data presented at CCC Symposium Oct 2005.
- 2) MH Davidson et al. Results of the National Cholesterol Education (NCEP) Program Evaluation Project Utilizing Novel e-Technology (NEPTUNE) II Survey and Implications for Treatment Under the Recent NCEP Writing Group Recommendations. Am J Cardiol 2005 Aug 15;96(4):556-63.
- 3) A Langer et al. Targeted Dosing of Atorvastatin Achieves Cholesterol Targets Quickly in Subjects with Diabetes or the Metabolic Syndrome (The ACTFAST Studies). Can J Cardiol 2005; Vol 21 Suppl C: Abstract 826, 253C.
- 4) C Bourgault et al. Stain Therapy in Canadian Patients with Hypercholesterolemia: The Canadian Lipid Study – Observational (CALIPSO). Can J Cardiol 2005; 21(13):1187-1193.

## Conclusions

Use of the LOT management protocol in contemporary community practice at OCC achieves amongst the best lipid control rates in the world.

Funding: Dyslipidemia management at OCC is supported by unrestricted grants from AstraZeneca, Merck Frosst and Pfizer.

